Mind Alive Inc

[DAVID DELIGHT PRO OPERATOR'S MANUAL]

Usage and care of your AVE and CES device

WARNING

All persons who:

a) have a history of epilepsy, photic epilepsy or any seizure disorder,
b) suffer from any mental disorder or psychiatric illness,
c) are currently using any drugs (prescription or recreational),
d) are under the influence of alcohol,
e) have had any head injuries,
f) have ever had a seizure of any kind,

should not use the DAVID Delight Pro unless under the supervision of a health care provider qualified in the safe detection of seizures.

The Cranio-Electrical Stimulation (CES) of the DAVID Delight Pro delivers electrical current through the body. CES should be used with care. Precautions, side effects and warnings should be read and before using CES (see page 3).

NOTICE TO HEALTH CARE PROVIDERS

It is the responsibility of the health care provider to complete a proper intake addressing these concerns mentioned above. Mind Alive Inc., its employees, suppliers and distributors are exempt of any liability in damages resulting from a seizure or psychiatric condition that may occur from prescribing this device.

CLINICAL RESEARCH SHOWS THAT THE DAVID DELIGHT PRO IS EFFECTIVE IN REDUCING COGNITIVE DECLINE, ADD, SAD, DEPRESSED MOOD, INSOMNIA AND ANXIETY.

The AVE stimulation of the DAVID Delight Pro is non-invasive.
All resulting effects are produced in the brain solely by audio and visual stimulation.

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Tru-Vu Omniscreen Eyesets protected under U.S. Patent 5,709,645

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INTRODUCTION

You have purchased the most innovative, high quality audio-visual entrainment (AVE) and cranio-electrical stimulation (CES) device available on the market today. The DAVID Delight Pro integrates the necessary principles to ensure a safe and effective AVE and/or CES experience. We are confident you will find using the DAVID Delight Pro not only an enjoyable, relaxing experience, but also beneficial as you explore heightened states of consciousness and personal awareness.

The portability of the DAVID Delight Pro lends itself to easy travel (airport X-ray machines will not harm the DAVID Delight Pro).

In order to obtain maximum enjoyment and benefits from your DAVID Delight Pro, please read this operator's manual thoroughly.

COMPONENT LIST

- ✓ DAVID Delight Pro – Serial Number _____
- ✓ Tru-Vu Omniscreen Eyeset (white) and Carry Case
- ✓ Headphones
- ✓ CES Stimulus Cable
- ✓ Stereo Patch Cord
- ✓ Carry Bag
- ✓ 9-Volt Alkaline Battery
- ✓ 9-Volt DC Power Adapter
- ✓ Delight Pro Operator's Manual

ADDITIONAL ACCESSORIES

- DAVID Session Editor
- Extra User Package (eyeset, headphones and splitter cords)
- Tru-Vu Omniscreen Multi-Color Eyeset
- Tru-Vu Omniscreen Viewhole Eyesets (for eyes open use, available in white, blue, green, and yellow)

WARNINGS

AUDIO VISUAL ENTRAINMENT (AVE)

If you are an epileptic, photic epileptic or have any history of seizures: We recommend that all persons who have a history of epilepsy, photic epilepsy or have ever had a seizure of any kind not use the DAVID Delight Pro unless under the supervision of a health care professional who is qualified in the safe detection of seizures.

If you have had a brain injury or suffer from any mental disorder or psychiatric illness: We recommend that people who have had a brain injury or have a history of psychiatric illness or mental disorders not use the DAVID Delight Pro unless under the supervision of a qualified health care professional.

If you are taking drugs or using alcohol: We recommend that people currently using drugs and/or excessive alcohol consumption not use the DAVID Delight Pro unless under the supervision of a qualified health care professional.

If you are a first-time Delight Pro user: We advise that you always remain seated or reclined while using the DAVID Delight Pro. We also suggest that new users begin sessions with low brightness in the eyesets. If at any time during a session, you begin to feel vertigo, nausea, euphoria, "deja-vu", or a sense of mental instability, lower the intensity of the eyesets and lower the volume of the tones or discontinue the session.

IT IS THE RESPONSIBILITY OF THE HEALTH CARE PROVIDER TO COMPLETE A PROPER INTAKE, ADDRESSING THE CONCERNS MENTIONED ABOVE. MIND ALIVE INC., ITS EMPLOYEES, SUPPLIERS AND DISTRIBUTORS ARE EXEMPT OF ANY LIABILITY IN DAMAGES RESULTING FROM A SEIZURE OR PSYCHIATRIC CONDITION THAT MAY OCCUR FROM USING THIS DEVICE.

WARNINGS

CRANIO-ELECTRICAL STIM (CES)

- **Do not** use if you have a heart pacer. The electrical signals may cause the pacer to malfunction.
- **Do not** use on anyone with epilepsy, brain tumor or who has had a recent stroke.
- **Do not** use while driving or operating hazardous machinery.
- **Do not** place electrodes over skin lesions, new scars, cuts, eruptions, or sunburn.

Setting the intensity too high may result in a mild irritation or blistering of the skin. Set the intensity to a lower level so that the stimulus is only mildly noticeable. A double blind study showed that CES works at sub-threshold (below feeling) level.

PRECAUTIONS

Traumatic Childhood Experiences - The DAVID Delight Pro can cause the release of suppressed memories. If traumatic memories surface during or after a session, be certain to seek appropriate support.

Somnatic Shock - If abruptly returning to a normal conscious state, a mild case of somnatic shock can result, leaving the user feeling disoriented, nauseous, or experiencing a headache. All preset sessions in the DAVID Delight Pro are programmed to end with the lights fading out (Soft Off™) to avoid somnatic shock.

Orthostatic Hypotension - Occasionally when a person becomes very relaxed during a session, his/her blood pressure may fall significantly. We advise rising slowly after a session.

WARRANTY AND CARE

The DAVID Delight Pro is warranted against defects in workmanship or materials for one year from date of original purchase, on the terms stated herein. Should this unit become inoperative within the one-year period, it will be repaired or replaced at our option, without charge. Any postage, insurance and shipping costs incurred in returning the DAVID Delight Pro for service are the responsibility of the customer.

TO ACTIVATE YOUR WARRANTY PLEASE REGISTER ONLINE AT *www.mindalive.com/registration.htm* OR CALL US AT 1 (800) 661-MIND (CANADA AND U.S. ONLY) OR (780) 465-6463

This warranty does *NOT* cover:

- shipping damage
- damage caused by accidents or by other than normal use
- improper battery installation
- cords for headphones and Omniscreen™ eyeset
- damage caused by exposure to excessive static electricity
- damage caused by any unauthorized person tampering with the DAVID Delight Pro

RETURNING FOR REPAIRS

Should your Delight Pro require repairs, you must contact our service department at 1(800) 661-MIND (Canada and U.S. only) or (780) 465-6463 to obtain a warranty/repair authorization number and important shipping instructions.

When returning your device for repair, be sure to surround the DAVID Delight Pro with at least one inch of tight packing on all sides in a strong carton. Neither Mind Alive Inc. nor courier companies will pay for damage incurred by poorly packaged goods. Label the carton ***"FRAGILE, HANDLE WITH CARE."*** Include a copy of your sales receipt, a brief written description of the problem, and a daytime contact number. All postage, insurance and shipping costs incurred in returning the DAVID Delight Pro for service are the responsibility of the customer.

WARRANTY AND CARE

FOR UNITED STATES AND INTERNATIONAL CUSTOMERS

Failure to receive proper instructions about completing customs and shipping documents may result in additional brokerage and duties charges to the customer. Some courier companies do not include brokerage fees in their quoted charges. The customer is responsible for any and all charges. Equipment will not be returned to the customer until these charges have been paid. Indicate on ALL shipping documents ***"RETURN TO COUNTRY OF ORIGIN FOR REPAIRS UNDER WARRANTY"***.

CARE AND MAINTENANCE

Use a soft, slightly moistened cloth (use water or mild detergent) to clean the DAVID Delight Pro. Do not clean with any solvents. Do not subject the DAVID Delight Pro to static electricity. Do not place the DAVID Delight Pro near heat sources such as radiators, air ducts, or in direct sunlight. Should any liquid enter the DAVID Delight Pro, turn it off immediately. If liquid does enter the electronics, we advise that the DAVID Delight Pro be checked by authorized personnel before commencing operation.

DISCLAIMER OF LIABILITY

Mind Alive Inc., its employees, its authorized dealers and distributors shall not be held liable for any claim, demand, action, cause of action, liability or damages arising out of any injuries resulting from malfunction or defect of the DAVID Delight Pro whether willful or negligent either to person or damage to property of the purchaser, employees of the purchaser, persons designated by the purchaser for training in the use of the DAVID Delight Pro, clients or patients of the purchaser, any other person, designated by the purchaser for any purpose, prior to or subsequent to acceptance, delivery, installation and use of the DAVID Delight Pro either at the premises of Mind Alive Inc. or the premises of its dealers or distributors or the purchaser's premises.

The purchaser, employees of the purchaser, clients or patients of the purchaser or any other person designated by the purchaser for any purpose, hereby undertake to waive and disclaim any action in respect of the aforesaid terms as above.

THE DAVID EXPERIENCE

Welcome to the experience of the DAVID Delight Pro, a digital audio-visual entrainment (AVE) device, designed to support you in your quest for wellness by promoting various areas of the brain to work together in a harmonious fashion. Through the use of AVE, you may experience yourself in a new and beneficial way.

Many users of the DAVID Delight Pro have reported experiencing:

- Deep relaxation while feeling more energized
- Visual images, colors and patterns
- The sense of feeling "grounded" and calm
- Increased mental clarity for resolving problems
- Enhanced interpersonal relationships
- Cheerfulness
- Mental sharpness

How and why do these sensations occur? Several changes take place during and following an AVE session:

1) AVE involves dissociation. Dissociating is the first step towards effective clearing of the mind and meditation. This clearing of thoughts and loss of body awareness is similar to what an experienced meditator would achieve.

2) Cerebral blood flow increases. Most cognitive and emotional disorders involve areas of the brain that are low in blood flow. A study by Fox and Reichle (1985) showed AVE increased cerebral blood flow up to 28%.

3) EEG activity changes. The concept of entrainment is about altering brainwave activity. Quantitative EEG (QEEG) studies have confirmed the normalization of brain activity following an AVE session. Aberrant brainwave activity in various conditions such as depression, anxiety, ADD, seasonal affective disorder, chronic fatigue, etc., may be restructured into healthier patterns.

4) Neurotransmitters change. Shealy et al. (1989) has shown that serotonin and norepinephrine increase following the use of AVE.

RECOMMENDED READING

- ✓ *The Rediscovery of Audio-Visual Entrainment Technology – Dave Siever*
- ✓ *The AVE Session & Protocol Guide for Professionals – Dave Siever*
- ✓ *AVE Related articles – www.mindalive.com/AVE_Research_Articles.htm*

ABOUT CES

As far back as the first century, the Greeks and Romans used the electric eel, a variety of the "Torpedo Fish" for electrical stimulation. The electric eel was used well into the 19th century, even after the invention of electronic stimulation devices. First century writings record placing a live torpedo fish under the feet of a person suffering from gout to ease the pain. There are also reports of placing these fish on people's foreheads to treat headaches.

Current interest in CES was initiated by Robinovitch, who in 1914 made the first claim for electrical treatment of insomnia. In 1958, the book *Electro-Sleep* reflected the first serious works on CES. This book inspired research in Europe and in Eastern Bloc countries, as well as in South America, Asia and finally the US. Because the CES equipment used was bulky, inconvenient, and unreliable, CES, like the electric eel, was abandoned in favour of drug therapies.

With the invention of the transistor in the 1960s, small, low-power and reliable CES devices were developed. By 1975 several companies in the US and Europe were manufacturing CES devices for public use. During this time, research on CES was quite active and scientific papers were published.

Most studies to date have shown CES as a reliable method to reduce anxiety and improve cognition in recovering alcoholics. Additional studies have shown CES to be an effective tool in reducing anxiety and improving IQ.

Research to date is quite vague on the effects of using CES at various frequencies, citing both low and high frequencies can be effective for improving learning and reducing anxiety. Many people who used CES along with AVE, have reported that they experienced deeper relaxation for prolonged periods of time. In addition to enhancing entrainment, CES increases neurotransmitter production. These neurotransmitters are necessary for information processing, memory, energy level and physical well-being. When our neurotransmitters and endorphins are not produced to necessary levels, it may lead to destructive behaviors and/or the abuse of substances as a substitute for that "natural high".

ICON DESCRIPTIONS

Icon	Control
	Power Turn the Delight Pro on/off Initiate manual Soft Off™
	Start Session/Tone and Heartbeat Control Starts the currently selected session Cycle through the available tones Turn the heartbeat on/off
	Volume Control Increase or decrease the loudness of the tones and heartbeat
	Intensity Control Increase or decrease the brightness of the eyeset lights
	CES Control Start the CES stimulation Increase or decrease the voltage of the CES pulses Select 100Hz or AVE follow modes (see page15)

Icon	Connection
	CES Output
	9-Volt DC Power Adapter
	Audio Input (3.5mm, stereo)
	Headphones
	Tru-Vu Omniscreen Eyeset

ICON DESCRIPTIONS

Icon	Session (*see page 17 for descriptions*)
	Energize
	Meditate
	Brain Booster
	Sleep
	Mood Booster
	User Designed

Icon	CES Indicators
L	Blinks when the left CES pulse activates
R	Blinks when the right CES pulse activates
100 HZ	Indicates that the CES is operating in 100Hz mode

HEART RATE VARIABILITY (HRV)

Long, graceful breathing cycles have long been used as part of meditation. Scientifically, this technique has been analyzed and shown to settle down a stressed autonomic nervous system. Both sympathetic (flight-or-fight) activity and parasympathetic (the brain's efforts to restore) activity settle down dramatically using controlled, slowed, deep-breathing.

The heart speeds up with every breath in and slows down with every breath out. The difference in heart rate between its fastest and slowest rates with every breath is called Heart Rate Variability (HRV). For example, a relaxed person using controlled breathing may have a heartbeat of 80bpm (beats per minute) while breathing in and as low as 65bpm while breathing out. The difference or "swing" is about 15bpm. When people get stressed, their heart typically clamps as low as 3bpm HRV with occasional spikes sometimes as high as 30bpm HRV. This is abnormal activity and is straining to the heart.

> WHEN USING HRV-PACED BREATHING, LISTEN TO THE HEARTBEAT GENERATED BY THE DELIGHT PRO THROUGH THE HEADPHONES. INHALE FOR TWO HEARTBEATS AND EXHALE FOR TWO HEARTBEATS (NOT YOUR OWN HEARTBEATS!).

The HRV technique used in the DAVID Delight Pro is based on a 10-second breathing cycle. All Delight Pro sessions begin at seven breaths/minute (28 heartbeats/min) and slow to six breaths/minute (24 heartbeats/min). This allows for faster breathing at the start of a session, progressing to more meditative breathing after the user has had time to relax.

QUICK START (AVE)

Find a comfortable spot
Sessions are an average of 30 minutes. Find a place where you won't be disturbed. Dark, quiet places are better.

Stay Hydrated
Drink a glass of water at least 15 minutes before your session. Staying hydrated will help to prevent headaches or feeling groggy.

Connect Power
Insert the 9V battery according to the diagram inside the battery compartment. Or connect the 9V Adapter to the 9V jack

Plug in the Eyeset
One end of the eyeset cable connects to the jack on the left side of the glasses, the other to the jack on the unit.

Plug in the Headphones
Connect the headphone plug to the jack on the unit.

Turn on the Delight Pro
Push and hold until the power light comes on.

Select a Session
Tap to select a session group (the lit icon). Tap the VOL or INT ▲ or ▼ to highlight a session number. Press to start the session. See the sessions list for details (*page 17*).

Relax and Enjoy
The session will begin in 5 seconds. Put on the headphones and eyeset. Close your eyes and relax.

Add CES to any session. CES can follow along with the AVE stimulus or run at 100Hz for relaxation. See page 15 for instructions on setting up CES.

SESSION CONTROLS

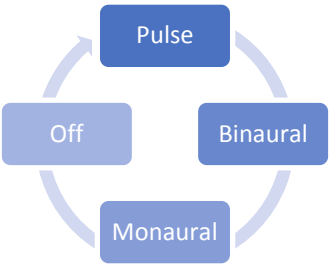
VOLUME

The Volume level affects both tones and the heartbeat together. There are 30 volume levels. To adjust the volume, press and release or press and hold the VOL ▲ or ▼ buttons. The Graph will display the volume level. The volume cannot be adjusted during Soft Off™.

INTENSITY

The Intensity level affects the brightness of the lights in the eyeset. There are 15 eyeset intensity levels. To adjust the intensity, press and release or press and hold the INT ▲ or ▼ buttons. The Graph will display the intensity level. The intensity cannot be adjusted during Soft Off™.

All of the Delight Pro's buttons are raised to help you find them easily with eyes closed.



TONE SELECTION

There are three (3) different tone options available in the Delight Pro: Pulse Tones, Binaural Beats, and Stereo Monaural Beats. Tones may also be turned off. All sessions start with Pulse Tones. Press and release the Tone button (♫) to cycle through the tone options.

HEARTBEAT SELECTION

All sessions start with the heartbeat on. The heartbeat can be used to help modulate breathing for improved HRV (see page 10). To turn the heartbeat on/off, press and hold the Tone button (♫).

SAVING PREFERENCES

You can save your preferred Volume, Intensity, Tone, and Heartbeat settings for each session. Adjust the volume, intensity, and tone settings then press both the INT ▲ and ▼ buttons at the same time. The session group icon will blink. You may continue the session or end it immediately and the Delight Pro will save your preferred settings and use them the next time you run that session.

SETUP

The headphones connect to the headphone output jack ( ). When using an Extra User Package (*sold separately*), connect the 3.5mm splitter cable to the Delight Pro and connect each set of headphones to the splitter cable. It is recommended that you disconnect the headphones from the unit before storing or travelling to prevent accidental damage to the jack.

The Tru-Vu Omniscreen, Tru-Vu Omniscreen Viewhole, or Tru-Vu Omniscreen Multi-Color Eyeset connect to the eyeset output jack ( ) with the included 2.5mm patch cord. Connect one end to the Delight Pro and the other to the jack located on the lower left of the glasses. When using an Extra User Package (*sold separately*), connect the 2.5mm splitter cable to the Delight Pro and connect each eyeset to the splitter cable. It is recommended that you disconnect the eyeset cable from the device and from the eyeset before storing or travelling to prevent accidental damage to the jacks.

An external audio source (such as an MP3 or CD player) can be connected to the Delight Pro so that music or other audio can be listened to while running a session. Plug the stereo patch cord into the headphone output of the audio device and the audio input jack ( ) of the Delight Pro. ***Note: start the Delight Pro and select a session before playing audio unless you would like to run a Sound Sync Session (see page 20).***

POWER

The Delight Pro can be powered with a 9-volt alkaline or rechargeable battery, or with the 9-Volt adapter provided. To install the battery, slide the cover off of the battery compartment on the back of the unit. Insert a 9-volt battery as indicated on the diagram in the battery compartment. Slide the cover back into place. An alkaline 9-volt battery will provide approximately seven (7) hours of operation

To use the 9-Volt adapter, connect the adapter to the 9-Volt jack (9V) on the side of the unit. The 9-Volt DC power adapter uses a 1.3mm center-positive plug. No battery power is used when plugged into an adapter.

Note: *to prevent accidental shock the CES capabilities will be disabled when a power adapter is connected. To use the CES functions disconnect the adapter and run from battery power only.*

TURN ON/TURN OFF

Press and hold the Power button (⏻) until the Power LED turns on. The graph (between the VOL and INT controls) will display the battery level when you first turn on the unit (*see Battery Level*). If no session is selected within two (2) minutes, the Delight Pro will turn off.

At the end of a session, the lights and sound will fade out (Soft Off™) and the Delight Pro will automatically turn off. To end a session early, press and release the Power button (⏻) to initiate a short Soft Off™ (30 seconds).

To turn off the Delight Pro at any time, press and hold the Power button (⏻) until the unit turns off. This may take up to three (3) seconds if a session is running.

BATTERY LEVEL

The battery level is displayed on the Graph for a couple of seconds when the Delight Pro is first turned on. The battery level is also monitored and displayed periodically while the session is running.

When the battery level is getting low, the Graph will display two (2) blinking bars. It is recommended that you replace the battery before running a session if this warning is displayed.

When the battery level is critically low, the Graph will display a single (1) blinking bar. If this warning is displayed when you turn the unit on, replace the battery. If this warning occurs during a session, the session will end early and the battery indicator will continue to blink for a short period of time. The battery ***must*** be replaced before the unit can be used again.

SELECTING A SESSION

The Delight Pro has six (6) Session groups (,,,,,⊕). Each group offers five (5) sessions. The session number is indicated by the lit number between the volume and intensity controls. If no number is lit then the group has no session programmed into it.

Press and release the Power button (⏻) to switch between groups. The lit group icon will change. Press the Volume or Intensity ▲ or ▼ to highlight a session number. If no sessions are available in a group, no numbers will be lit.

The Delight Pro remembers which group was used last, and each group remembers which session was used last.

Press ♫ to start the selected session. The session will begin after a five (5) second delay.

CES OPERATING INSTRUCTIONS

SETUP

To use the CES feature of the Delight Pro the unit must be powered from a 9V battery. If a 9-Volt adapter is plugged in, the CES will be disabled as a safety precaution against electrical shock. Make sure to disconnect any adapter before using CES.

The CES stimulus cable connects to the CES output jack ( ). Attach the yellow clip to the left earlobe and the blue clip to the right earlobe. For better conductance, it is recommended that you dampen the earlobe with a small amount of water, saliva, saline solution or hair/electrode gel.

RUNNING CES

CES will only operate while an AVE session is running. The rate of stimulus can either be synchronized with the AVE (default) or run at 100Hz. When using CES by itself you can operate it while lying down or engaged in a simple, non-hazardous activity such as walking, reading, or office work.

Follow the instructions for selecting a session (page 14). Once the session has started, press CES ▲ button to start the CES pulses. The CES system normally remains off and must be manually engaged every time you want to use it. Turning down the stimulus level all the way will turn off the CES system. The CES system can be turned on or off at any point during the session.

The "L" and "R" LEDs (along the top edge of the panel) blink to indicate that CES pulses are active. These LEDs blink at the CES stimulus rate. The "100Hz" LED indicates that the CES is operating at 100Hz.

100Hz MODE

By default the CES stimulation is synchronized with the AVE stimulation in the running session. When you first turn on CES, the rate of pulses will be the same as the AVE frequency. To engage 100Hz mode at any time, press both the CES ▲ and ▼ buttons together. Press them again to return to AVE frequencies.

It is recommended that you engage 100Hz mode when the CES intensity is set low, as the sensation from 100Hz stimulus is often much stronger than in AVE Sync mode.

CES OPERATING INSTRUCTIONS

CES INTENSITY

The CES stimulus level can be adjusted at any time using the CES ▲ or ▼ buttons. The Graph displays the current CES stimulus level as you are adjusting it. The top-most lit LED will blink to indicate the level is being adjusted.

The intensity of the CES stimulus should be adjusted to a level so that the stimulus is only mildly noticeable. Forty-five double blind studies have shown that CES works at a sub-threshold level (below the level of feeling). Setting the intensity too high may result in a mild irritation or blistering of the skin.

After a few minutes you may notice that the intensity of the stimulation is stronger. This is due to a normal "sweating in" to the ear clips that results in a better electrical connection. Re-adjust the intensity to a comfortable level.

CES HINTS

The L and R LEDs do not blink during the session: The CES system is currently disabled. Try turning on the CES by pressing the CES ▲ button. When the Delight Pro is plugged into a 9-Volt adapter the CES is completely disabled. Unplug the adapter and run the device from a 9V battery.

No stimulus can be felt, even with the intensity at maximum: You may need wet the ear clips slightly to get a better electrical connection. Reduce the intensity, put a small amount of water, saliva, saline or hair/electrode gel on the earlobe and re-attach the ear clip. Try adjusting the intensity level again.

Stimulus is too strong at the lowest setting: You may need to dry the ear clips or adjust them slightly to increase your electrical resistance. Make sure the ear clips are not touching any metal earrings.

DELIGHT PRO SESSIONS

	Energize General description		
1	**SMR**	24 min	14Hz
	Used to achieve relaxed attention.		
2	**Beta 1 – Sharpen the Mind**	20 min	19-21Hz
	A great way to get going in the morning without caffeine. This session helps reduce ADD and SAD symptoms. May cause anxiety.		
3	**Beta 2 – Sharpen the Mind**	20 min	20-23Hz
	Like Beta 1, but with a higher target frequency range. May give a more energizing or intense feeling.		
4	**Mental Flexibility**	22 min	Variable
	To "loosen up" a stuck mind. Can also be used for fibromyalgia.		
5	**Roller Coaster**	7 min	Variable
	This action-packed session is very engaging. Some with ADD can benefit.		

	Meditate General description		
1	**"Wise Guy" Alpha**	30 min	10.6Hz
	It has been shown that people with fast running alpha waves have higher than average IQs.		
2	**Coffee Break Alpha**	15 min	10Hz
	Great for a little rest during your coffee or lunch break.		
3	**Alpha Relaxer**	30 min	10Hz
	Healthy alpha is 10 Hz. Most disorders have alpha slowing. This session reestablishes the natural alpha rhythm. Good for beginners.		
4	**Schumann Resonance**	22 min	7.8Hz
	For a quick, thorough afternoon meditation. Calms "hyper/chattery" minds. For those on the go.		
5	**Theta**	36 min	5.5Hz
	Use for creative visualization. May also be used for sleep.		

DELIGHT PRO SESSIONS

	Brain Booster General description		
1	**SMR for Reading**	20 min	13.5-15Hz
	Use with a set of Tru-Vu Omniscreen Viewhole eyesets (*sold separately*) to improve attention and alertness while reading.		
2	**SMR/Beta**	24 min	L 13.5Hz R 18Hz
	A gentle and entraining session that helps to focus mental functioning and memory.		
3	**Brain Booster**	30 min	L 14-10Hz R 19-10Hz
	Use to improve mental functioning and memory. Based on Budzynski's study. Similar to ADD and Learning, but with gentler transitions. Useful for seniors and those with ADD.		
4	**ADD and Learning**	26 min	L 14-10Hz R 19-10Hz
	This session has rapid transitions for mental stimulation to help keep the user "engaged" in the session. Used in the ADD study published in the Journal of Neurotherapy.		
5	**Skill & Sports Development**	24 min	7.8-18Hz
	Use this session to develop any skill or improve performance. Visualize feeling your best during the first half (alpha). Then visualize your perfect performance during the second half (beta) of the session.		

	Sleep General description		
1	**Schumann for Sleep**	40 min	7.8Hz
	For effective deep meditation and to improve the onset of sleep. Calms "hyper/chattery" minds. Ideal for those with insomnia who have a busy mind and tense body.		
2	**Meditate to Sleep**	45 min	8-3Hz
	Meditate, visualize and think soothing thoughts during the first half (8Hz); fall asleep during the second half (3Hz).		
3	**Alpha/Theta for Sleep**	36 min	L 10Hz R 6Hz
	This session can really help to break up distressing thoughts that are interfering with sleep.		
4	**SMR for Sleep**	40 min	14Hz
	Use to improve sleep for those who have insomnia due to a "racing" mind but relaxed body.		
5	**Delta**	45 min	3.5Hz
	To aid with falling asleep. Best for those with fibromyalgia.		

DELIGHT PRO SESSIONS

Feeling Better

General description

1	**Mood Booster 1**	30 min	L 10Hz R 18Hz
	Settles down negative emotions from the right brain while stimulating the left brain to rebalance alpha asymmetry.		
2	**Mood Booster 2**	42 min	L 10Hz R 18Hz
	This session has an alpha front end to reduce anxiety and enhance relaxation.		
3	**Sub-Delta**	24 min	0.5-1Hz
	Mildly dissociating. Calms the hypothalamus. Beneficial for some with fibromyalgia and hypertension.		
4	**Extended Deep Alpha Relaxer**	80 min	8.4Hz
	Stay relaxed for your dental, massage, physiotherapy, chiropractic and other appointments.		
5	**Paradise**	36 min	6.5Hz
	A gentle slide down to Theta. Extraverts with low anxiety produce high levels of this frequency.		

User Designed

These sessions have been left blank to store your own custom sessions (using the DAVID Session Editor, *sold separately*). See page 21 for details.

1			
2			
3			
4			
5			

SOUND SYNC SESSIONS

The Delight Pro has the ability to use sound to run a special session for relaxation and lucid dreaming effects. To start a Sound Sync session, connect your audio device (eg CD or MP3 player) to the Audio In jack ( ) with the 3.5mm stereo patch cord provided.

Turn on the Delight Pro, but do not select a session. Start the playback on the audio device. After a short period (about 10 seconds) the Delight Pro will detect the audio and enter Sound Sync mode. The Graph will activate to indicate there is audio present and the session group icons will flicker, with the selected icon lit solid.

Press and release the Power button ( ) to cycle between group icons. Press the Tone button ( ) to start the selected session.

Sound Sync sessions use randomization. The left and right frequencies will vary slightly from the target rate to create a lucid mind-state.

A Sound Sync session will last for as long as audio is playing. Once the audio ends, the session will Soft Off™. If audio is detected again during the Soft Off™, the lights will fade back up and the session will continue.

Session	Target Frequencies
	20 Hz
	Left Stim 9.5Hz, Right Stim 10.5Hz
	Left Stim 14Hz, Right Stim 20Hz
	Left Stim 7.8Hz, Right Stim 8.2Hz
	Left Stim 10Hz, Right Stim 20Hz
	None Programmed

TONES AND HEARTBEAT

Tones and heartbeat may be turned on during any Sound Sync session. To turn on tones, press and release the Tone button ( ). The tones will cycle through the available tone options (*see page 12*). To turn on the heartbeat, press and hold the Tone button ( ). Press and hold the Tone button ( ) again to turn the heartbeat off.

USER DESIGNED SESSIONS

The User Designed session group (⊕) has been left blank for storing additional, or user created sessions. This provides space for five (5) standard sessions and one (1) Sound Sync session. Sessions are created using the DAVID Session Editor (*sold separately*). Additionally, any session in the Delight Pro may be overwritten allowing the device to be customized with sessions to best suit your application.

Once the desired session(s) is created, it must be saved with the appropriate session number to be stored in the Delight Pro. The chart below shows how the PAL session number scheme (library number, group letter, session number) compares to the Delight Pro groups and sessions.

Please refer to the help documentation that comes with the DAVID Session Editor for tutorials on creating sessions and instructions for downloading them into your Delight Pro.

Library	Group	#	Group	#
1	A	1-5		1-5
		6		Sound Sync
	B	1-5		1-5
		6		Sound Sync
	C	1-5		1-5
		6		Sound Sync
2	A	1-5		1-5
		6		Sound Sync
	B	1-5		1-5
		6		Sound Sync
	C	1-5		1-5
		6		Sound Sync

USER DESIGNED SOUND SYNC SESSIONS

Sound Sync sessions have special design restrictions. When played, they have no specified length, and a single target frequency per visual field. To create a Sound Sync session in the DAVID Session Editor start with a new session containing a single (1) module. The Left and Right frequency will be the target frequency.

Sound Sync sessions may not be stored in a standard slot, nor may a standard session be stored in a sound sync slot. The Delight Pro will display an error if the session type downloaded is incorrect.

TROUBLESHOOTING

What	Try
Graph blinks a single bar, then the Delight Pro turns off	Replace the battery or use a 9-Volt DC power adapter
Delight Pro does not turn on	Replace the battery or use a 9-Volt DC power adapter
Lights in Eyeset are active on the left side only	Ensure the eyeset cable is fully plugged into the glasses and the jack
Tones and/or heartbeat sounds are audible on the left side only	Ensure the headphone is fully plugged into the jack
No sound from external audio device	Ensure the 3.5mm patch cord is fully plugged into the headphone output of the audio device and the jack of the Delight Pro Check the volume level of the audio device
Delight Pro will not enter Sound Sync mode	Ensure the 3.5mm patch cord is fully plugged into the headphone output of the audio device and the jack of the Delight Pro Check that the audio device is playing and adjust the volume level (audio should be present in the headphones plugged into the Delight Pro)
Download is not recognized	Ensure the 3.5mm patch cord is fully plugged into the download source and the jack of the Delight Pro Adjust the source volume to a moderate listening level (audio should be present in the headphones plugged into the Delight Pro).
Session starts with no lights and/or sounds	Adjust the intensity and/or volume level Re-save preferences (*see page 12*)

REFERENCES

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Smith, Ray B. (2007) Crainial electro therapy stimulation: its first 50 years, plus 3: a monograph. Tate publishing, Oklahoma, USA.

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